



Guideline Implementation Steps & Tools ~Implementation Guidance~

To get the most from your practice's GIST implementation:

- How the GIST materials can be implemented in an electronic or paper office system (they are available as pdfs):
 - Questions About Your Breathing – given prior to seeing clinician, for patients not already diagnosed with asthma, but being seen for respiratory complaints, to help clinician diagnose or rule out asthma.
 - Asthma Control Test™ – available in Spanish and English, in text and pictures, for the returning asthma patient, to help clinician quickly assess control.
 - Asthma Diagnosis Tool – used by clinicians to help diagnose or rule out diagnosis of asthma. If asthma, helps clinician determine severity level and initial treatment steps.
 - Asthma Patient Follow-Up Tool – used by clinicians to follow-up on patient's asthma control, leads to control level and steps for maintaining, increasing or decreasing treatment.
 - Stepwise Approach to Managing Asthma – To help clinician determine medication needs and management approach. Uses steps from Diagnosis and Follow-Up Tools to determine medication type and dosage, with reminders for adherence and environmental checks.
 - Asthma Action Plan – An Asthma Action Plan should lead to great communication with the patient, not frustration. Can be based on peak flow measurements, symptoms or both. If your practice needs a better one, check out our resource list at GetAsthmaHelp.org/GIST
 - Patient education and resources – Many patients need additional information on triggers, medications, devices, etc. Check out our resource list at GetAsthmaHelp.org/GIST for some great patient materials.

- All clinicians and other staff must be on board and ready to make changes to the way asthma patients are managed in the office.
- As a staff, think through the whole process of asthma care, from when the new or returning patient comes through the door to when they leave the office, and see where the GIST materials fit. Who decides which tools go to whom and when? Make a system so that it's not confusing.
- Check in with staff about GIST after the first week or two if implementation- is your system working? If not, make changes to improve it right away.

- Monitor outcomes- Is the percent of asthma patients with asthma action plans, prescriptions for ICS and improved control assessment scores increasing? Is your office scheduling more follow-up visits for asthma?
- Think about using the ACT as a trigger for the other tools. One practice did it this way: if the ACT score is 19 or less, the provider should get the GIST Follow-up form and Stepwise document. For scores 20 or higher, the Follow-up and Stepwise forms will only be distributed if the patient is in for their yearly asthma visit.
- Think about having all new and returning patients fill out the Questions About Your Breathing survey – one practice did this for 3 months and discovered hundreds of patients with potential asthma.
- Make any of the tools into posters and place where helpful (ACT in waiting room, Stepwise Approach in exam room, etc.)